



SOUTH AUSTIN

SENIOR ACTIVITY CENTER

3911 Manchaca Road Austin, TX, 78704

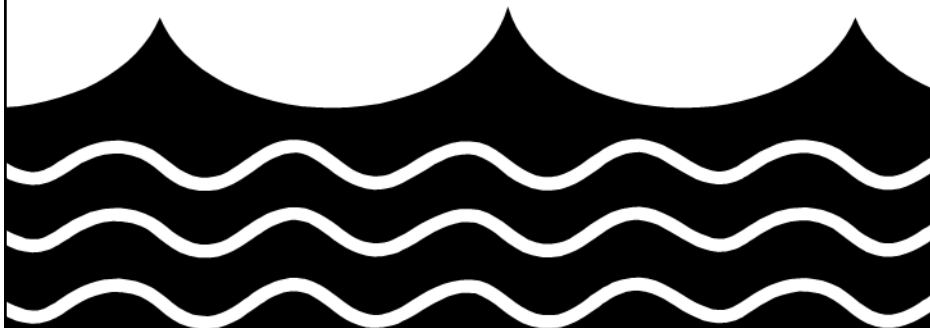
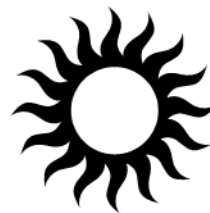
512-448-0787 Monday-Friday 8a-5p

www.austintexas.gov/departments/south-austin-senior-activity-center



Austin Parks and Recreation Department - Seniors

AUGUST 2013
August



The City of Austin is proud to comply with the Americans with Disabilities Act. If you require assistance for participation in our programs or use of our facilities, please call 512-448-0787.

ABOUT THE CENTER



The South Austin Senior Activity Center (SASAC) is located at 3911 Manchaca Road, just north of Ben White Blvd. SASAC's hours are Monday through Friday from 8a until 5p, with special evening and weekend rentals. Gardening, games, arts and crafts, health and fitness, group socials, excursions, organizational meetings and private rentals comprise the many services provided by SASAC. Those interested in participation may fill out a registration card at the front desk. Friendly staff and volunteers are happy to answer any questions you may have. A calendar year donation (January-December) of \$10.00 is appreciated, and an additional \$10.00 is required if you would like a newsletter mailed to your home. Donations go to the SASAC Advisory Board, directly enhancing the center's offerings. A SASAC Volunteer is available at the front desk to collect donations and newsletter payment Monday through Friday from 9a-1p, or you may register and pay by mail. We thank you for your support!

TECHNOLOGY CLASS

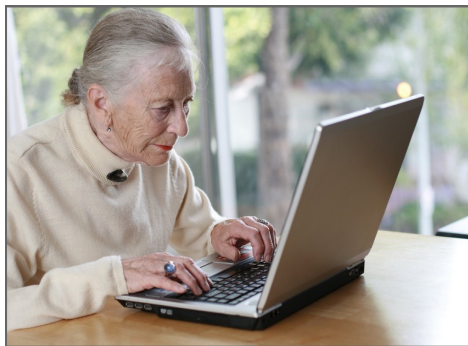
Having trouble operating your computer, tablet, or smart phone? Have a general curiosity for current technology? This is the class for you! Ray Ellis, Bill Williams, and West Baxter are here to help you connect.

Wednesday, August 7th & 21st
9-11a Game Room FREE

Chris's Craft Corner

This month's Crafts Corner will focus on wreath making.
Advance Registration Required

Wednesdays, August 14th & 28th
9-10:30a FREE



SPECIAL PROGRAMS AND EVENTS

50+ ARTS & CRAFTS SHOW 11A-3P FREE SAT/SUN AUG 10TH + 11TH

**VIEW AND BUY
ARTWORK + CRAFTS
CREATED BY
LOCAL ADULTS
50 PLUS.**



INTERESTED VENDORS:

- + must be 50+ years of age
- + must sell handmade art or crafts
- + must complete participant registration form at SASAC
- + \$20 registration fee per table

REGISTER BY AUGUST 2ND

August Birthday Party

Thursday, August 29th 12p

Enjoy a slice of cake and ice cream in celebration of SASAC participants who have birthdays in August.



**DRUM CIRCLE
COMING SOON!**

Be on the lookout for fliers with more information.

COMMUNITY GARDEN OF EATIN'

Weekly Meetings

This year we have a larger garden with more plants than ever and we need your help! Currently we are prepping the garden for fall. Due to hot weather we have moved our meeting time to 9a at the Garden of Eatin' Whether you have a green thumb to lend or want to develop one, come join us.

Every Monday @ 9a



TOURNAMENT



Texas Hold'em Tournament

**Friday, August 30th
1-4p**

Texas Hold'em is back at SASAC.
This tournament is open to all levels.
Prizes will be given out to the top players.

**Sign up in Front Desk
Fee: \$3**

PUBLIC MEETINGS

TRAVIS COUNTY DEAF ASSOCIATION

Wednesday, August 7th
1-4p

SASAC ADVISORY BOARD MEETING

Wednesday, August 14th
12:30p

SOUTH AUSTIN AARP #2426

Wednesday, August 21st
1-4p

NATIONAL ACTIVE/RETIRED FED. EMPLOYEES (NARFE)

Thursday, September 19th
10a-1p

AARP DRIVER SAFETY

**Thursday, August 29th
12:30-4:30p**

This class is designed for the mature driver & it **will not dismiss traffic violations.**

:: For insurance discount only ::
Fee: \$12 for AARP Members
\$14 for Non-AARP Members

**Sign-up in advance
at the front desk.**

**Payment due on
the day of class:
CHECKS ONLY
payable to AARP**

CARD GAMES

Beginning Bridge

Fridays 9-11a
FREE

Free Play & Progressive Bridge

Mondays, Wednesdays and Fridays
11:30a-1p—Free Play
1-3p—Progressive Bridge
FREE

Bidding Bridge Class for Intermediate/Advance Players

Thursdays 9-11:30a
Want to learn and practice beyond beginning basics – weak 2's, transfers, Stayman? Want to practice duplicate, competitive bidding and playing techniques?
FREE

Gentle Duplicate Bridge

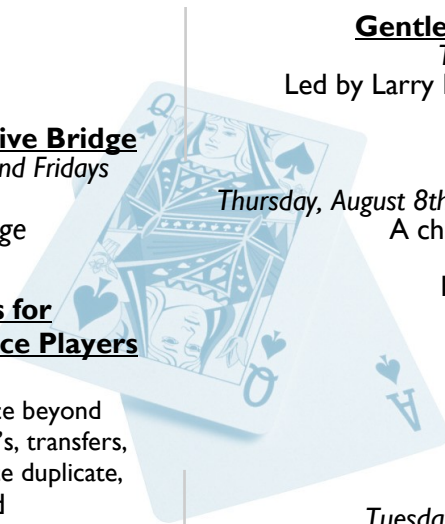
Tuesdays 12:30-3:30p
Led by Larry Davis, Club Manager
\$5.00

Canasta

Thursday, August 8th, 22nd & 29th 12-4p
A challenging game that's good for the brain.
Friendly social group willing to teach you how to play.
Contact Cathy:
(512) 282-8320
FREE

Pinochle

Tuesdays & Thursdays 8a-2p
FREE



FITNESS CLASSES

YOGA

Mondays, Wednesdays and Fridays
9-10a

Increase your strength and balance while gaining flexibility. Feel better physically & spiritually.

Instructor: Charlie Pivert

Fee: \$10 drop-in class
\$25 for 3 classes

TAI CHI

Tuesday Session: August 20 -
September 24

Friday Session: August 23 -
September 27

10-11a

T'ai Chi has many proven health benefits for seniors, from increased balance and bone strength, to greater strength and flexibility. T'ai Chi is also very safe and practiced slowly; it is zero impact.

Instructor: Kade Green, Sifu

Fee: 6 Sessions \$30.00 (Tuesdays only)
\$30.00 (Fridays only)
\$50.00 (Tues & Fri)

SENIORCIZE

Wednesdays 10:30-11a

Join Kade for a workout geared towards adults 50 and older. Seniorcize is a great way to stay active and get back into shape.

Instructor: Kade Green
FREE

SENIOR HEALTH AND FITNESS

Tuesdays 9-10a

Thursdays 8:30-9:30a

Starting August 15th

Total body cardiovascular workout taught in a FUN class format.

Four sets of activities
(15 minutes each).

Instructed by video tape
FREE



COUNTRY WESTERN DANCE

No Class June - August

Where better than Texas to learn Western dancing like the two-step and the waltz? Throw in a little cotton-eyed Joe, polka and you have the makings of a fun-filled class! Learn moves that you can put on any dance floor.

No partner? No problem!

Instructor: Domingo Herrera
FREE

DANCE CLASSES

BEGINNER LINE DANCE

Mondays 1-2p

Socialize & learn the basic steps to fun line dances.

Instructor: Joan Cox (512-288-4135)
FREE

ADVANCED BEGINNER LINE DANCE

Mondays 2-3:30p

Scoot your boots for a healthy body and mind. Have fun, make friends, and learn a variety of dances.

Instructor: Joan Cox (512-288-4135)
FREE

INTERMEDIATE LINE DANCE

Thursdays 1:30-3p

This is a great way to exercise your body and your brain while having fun! We have all levels of dancers in the class and practice all levels of dance including: beginner, intermediate, and advanced.

Give it a try!

Instructor: Joleen Tucker
FREE

ROCKING CHAIRES

Thursdays 9:30-11a

Rocking Chaires is a line dance group that performs at various locations around Austin and has been honored with several awards.

Contact: Terry Humphrey (512-482-0055)
FREE

MONDAY**TUESDAY****WEDNESDAY****THURSDAY****FRIDAY****August*****Requires Advance Registration***

5 *Dance Cardio 8-8:45a* Yoga 9-10 Intro to Spanish 9-10:30 Community Garden Meeting 9 Leona's Bridge 10-3 Free Play Bridge 11:30-1 Progressive Bridge 1-3 Beg. Line Dance 1-2 Bible Study 1-3 Advanced Beg. Line Dance 2-3:30	6 Sr. Health & Fitness 9-10 Knitting 9-11 Pinochle 9-2 *Tai Chi 10-11* Mahjong 12:30-3 Gentle Dup. Bridge 12:30-3:30	7 Yoga 9-10 Ceramics 9-11 TechKNOWlogy Class 9-11 Seniorize 10:30-11 Free Play Bridge 11:30-1 Deaf Association 1-4 Progressive Bridge 1-3 Painters 1-3:30	8 Oil Painting 8-4 Sr. Fitness Class 8:30-9:30 Advance Bridge 9-11:30 Honey Bee Quilters 9-2 Pinochle 9-2 Rocking Chairettes 9:30-11 Int Line Dancing 1:30-3	9 Yoga 9-10 Bingo 9-11 Beginning Bridge 9-11 *Tai Chi 10-11* Chess Play 10-12 Free Play Bridge 11:30-1 Mahjong 12:30-3 Progressive Bridge 1-3
12 *Dance Cardio 8-8:45a* Yoga 9-10 Intro to Spanish 9-10:30 Community Garden Meeting 9 Chess Play 10-12 Leona's Bridge 10-3 Free Play Bridge 11:30-1 Progressive Bridge 1-3 Beg. Line Dance 1-2 Bible Study 1-3 Advanced Beg. Line Dance 2-3:30	13 Sr. Health & Fitness 9-10 Knitting 9-11 Pinochle 9-2 *Tai Chi 10-11* Blood Pressure 10-11 Mahjong 12:30-3 Gentle Dup. Bridge 12:30-3:30	14 Yoga 9-10 *Craft Corner 9-10:30* Ceramics 9-11 Seniorize 10:30-11 Free Play Bridge 11:30-1pm Let's Sing 12:15-1:30 Bingo 1-3 Progressive Bridge 1-3 Painters 1-3:30	15 Oil Painting 8-4 Sr. Health & Fitness 8:30-9:30 Advance Bridge 9-11:30 Honey Bee Quilters 9-2 Pinochle 9-2 Rocking Chairettes 9:30-11 Int Line Dancing 1:30-3	16 Yoga 9-10 Bingo 9-11 Beginning Bridge 9-11 *Tai Chi 10-11* Chess Play 10-12 Free Play Bridge 11:30-1 Mahjong 12:30-3 Progressive Bridge 1-3
19 Yoga 9-10 Intro to Spanish 9-10:30 Community Garden Meeting 9 Leona's Bridge 10-3 Free Play Bridge 11:30-1 Progressive Bridge 1-3 Beg. Line Dance 1-2 Bible Study 1-3 Advanced Beg. Line Dance 2-3:30	20 Sr. Health & Fitness 9-10 Knitting 9-11 Pinochle 9-2 *Tai Chi 10-11* Mahjong 12:30-3 Gentle Dup. Bridge 12:30-3:30	21 Yoga 9-10 Ceramics 9-11 TechKNOWlogy Class 9-11 Seniorize 10:30-11 Free Play Bridge 11:30-1 Progressive Bridge 1-3 Painters 1-3:30 AARP 1-4	22 Oil Painting 8-4 Sr. Health & Fitness 8:30-9:30 Advance Bridge 9-11:30 Pinochle 9-2 Rocking Chairettes 9:30-11 Canasta 12-4 Int Line Dancing 1:30-3	23 Yoga 9-10 Bingo 9-11 Beginning Bridge 9-11 *Tai Chi 10-11* Chess Play 10-12 Free Play Bridge 11:30-1 Mahjong 12:30-3 Progressive Bridge 1-3
26 Yoga 9-10 Intro to Spanish 9-10:30 Community Garden Meeting 9 Leona's Bridge 10-3 Free Play Bridge 11:30-1 Progressive Bridge 1-3 Beg. Line Dance 1-2 Bible Study 1-3 Advanced Beg. Line Dance 2-3:30	27 Sr. Health & Fitness 9-10 Knitting 9-11 Pinochle 9-2 *Tai Chi 10-11* Mahjong 12:30-3 Gentle Dup. Bridge 12:30-3:30	28 Yoga 9-10 *Craft Corner 9-10:30* Ceramics 9-11 Seniorize 10:30-11 Free Play Bridge 11:30-1 Let's Sing 12:15-1:30 Bingo 1-3 Progressive Bridge 1-3 Painters 1-3:30	29 Oil Painting 8-4 Sr. Health & Fitness 8:30-9:30 Advance Bridge 9-11:30 Pinochle 9-2 Rocking Chairettes 9:30-11 Canasta 12-4 Birthday Party 12 AARP Driver Safety 12:30-4:30* Int Line Dancing 1:30-3	30 Yoga 9-10 Bingo 9-11 Beginning Bridge 9-11 *Tai Chi 10-11* Chess Play 10-12 Free Play Bridge 11:30-1 Mahjong 12:30-3 Progressive Bridge 1-3 *Texas Hold'em 1-4*



In an effort to become more environmentally conscious, SASAC participants can pick up only one FREE newsletter per month at the front desk . Any additional copies will cost .50 cents. There will be a bound copy at the front desk for viewing while in the facility. Thank you for understanding & for complying with the City of Austin's vision of being "green."

TRIPS

Trip registration is on a **FIRST COME, FIRST SERVE PAYING SYSTEM.**

Trip registration begins Thursday, August 1st

Trip registration forms are available at 8a.

Trip registration will start at 8:30a.

You may sign up for yourself and one other person.

You must pay for the trip at the time you register. - All trips are subject to change due to weather.

-All trips are subject to PARD director approval

1. Bullock Texas State History Museum (Austin, Texas) Wednesday, August 21st

SASAC is going on another adventure through the Bob Bullock Museum. This time we will see the new exhibit celebrating the state capitol building's 125 years. Also, we will experience an IMAX movie on one the largest screen in Texas. You do not want to miss this trip!



Departure Time: 9a

Returning Time: 5p

Cost: \$14

Extra expense: Purchase of Lunch

Trip Limit: 21

Walking: Moderate

2. Movie: *Pepe El Torro* (Austin, Texas) Tuesday, August 27th

The Mexican American Culture Center is hosting a free classic Spanish-language movie this month with a free lunch. The movie will be in Spanish with English subtitles.



Departure Time: 9a

Returning Time: 2p

Cost: Free

Trip Limit: 22

Walking: Low

TRIPS

3. Texas Ranger Museum (Waco, Texas) Tuesday, September 3rd

Hold on to your hats! We are taking a journey to Waco, Texas to see the official Texas Ranger Museum. Expect to see the full history of this legendary profession.



Departure Time: 8a

Returning Time: 5p

Cost: \$10

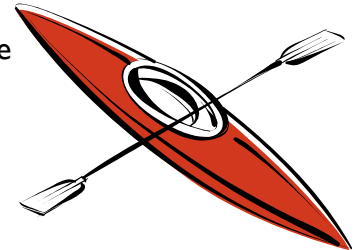
Extra expense: Purchase of Lunch

Trip Limit: 21

Walking: Moderate

4. Kayaking (Austin, Texas) Tuesday, September 10th

Kayaking is back! Come and tour Lady Bird Lake with us on your personal kayak.



Departure Time: 9a

Returning Time: 1p

Cost: Free

Trip Limit: 21

Walking: High

SASAC T-SHIRTS

*proceeds benefit advisory board
and SASAC programming*



short sleeve:

sm-xl \$10

2xl-3xl \$12

SALE

long sleeve:

1-2xl ~~\$13~~

\$10

SEE FRONT DESK FOR COLORS AND FOR MORE INFORMATION

VISUAL, LITERARY & PERFORMING ARTS

Knitting & Crocheting

Tuesdays 9-11a

Bring what you are working on.
Share ideas, skills and learn.
Participants are willing to teach
beginners wanting to learn!

Ceramics Circle

Wednesdays 9-11a

Bring your ceramic project
and join other ceramics
enthusiasts as you work.

Oil Painters

Thursdays 8a-4p

Come in and share
your creativity with other
painters!

Writing the Stories of Your Life

**Next Session: Wednesday,
September 4th-October 9th**

Your memories are your
real family treasures! Have fun
learning techniques for retrieving,
writing and polishing your memories, so
that you can assemble them into your
life story.

**Contact instructor in advance
for information & availability.**

Fee: \$42 (6 Sessions)

**Instructor: Rosalind Bond
(512) 441-3014**

Readin', Ritin', & Recitin'

**Next Session: Wednesday,
September
2-3p**

Come join in the fun, whether you
write or just want to listen.

Wednesday Painters

Wednesdays 1-3:30p

If you use pastels, oils, acrylics, etc.,
bring your supplies and enjoy the fun.

Honey Bee Quilters

**Thursdays, August 1st & 15th
9a-2p**

The Honey Bees invite
anyone interested in quilting
join their monthly meetings.
Contact: Judith Walpole
(512) 297-2424

Let's Sing-a-Long

**Wednesday, August 14th & 28th
12:15-1:30p**

Bring your instrument and your singing
voice. Celebrate the gift of song!



RECREATION AND GAMES



Mahjong **Tuesdays and Fridays 12:30-3p** Join in on the classic game!

Chess Club **Mondays 10a-12p and Fridays 10a-12p**
All levels - New players welcome!

Recreation Room Complete with treadmills, recumbent bikes and
pool tables. Available for daily use unless posted.

Domino Play There is usually a game of 42, 84 or Chicken Foot
played throughout the day.

Bingo **Wednesday, August 14th & 28th 1-3p and every Friday 9-11**
25¢ per card - 8 card limit

AND MORE

BIBLE STUDY

Mondays 1-3p

Join us for reflection and study
led by the Rev.
All are welcome.

FREE

INTRODUCTION TO SPANISH CONVERSATION

Mondays 9-10:30a

Want to know more about the Spanish
language? This program will introduce
to you the alphabet and basic phrases.
Bring: notebook, pen/pencil and a
Spanish dictionary (optional). **FREE**
Instructors: Jose and Bertha Cruz

Meet new friends while eating a nutritious hot lunch every day at SASAC. A \$1 donation for those over 60 is greatly appreciated. This donation offsets the cost of staff, meal costs, dietary supplies, and delivery.

CONGREGATE MEAL REGISTRATION REQUIRED

Meal tickets are distributed on a **FIRST COME-FIRST SERVE** basis beginning at 9:30am each morning.

Tickets distributed equal the number of meals ordered for that day.

Lunch is served daily from 11:30a-12p with milk and water.

For ineligible guests **OVER 60** (not registered) and guest **UNDER 60** the cost of the meal is \$5.39.

Due to unavailability of certain items, substitutions may need to be made.

LUNCH

August

2013

monday	tuesday	wednesday	thursday	friday
* Due to unavailability of certain items, appropriate substitutions may need to be made.	** Milk is served at every meal.		1 Turkey Breast w/Gravy Roasted Sweet Potatoes Broccoli & Cauliflower Cornbread Strawberry Gelatin	2 BBQ Pork Rib Patty Ranch Beans Mixed Vegetable Wheat Bread Fresh Fruit
5 Grilled Chicken Strips Chicken Gravy Herbed Green Peas Spring Vegetables Wheat Bread Fresh Fruit	6 Turkey Rice Casserole Broccoli Sliced Carrots Wheat Bread Butterscotch Swirl Pudding	7 Hamburger Patty Lettuce and Tomato Baked Beans Hamburger Bun Hot Sliced Peaches Mustard and Catsup	8 Fish Nuggets Oven Roasted Potatoes Green Beans Wheat Bread Fruited Orange Gelatin	9 Chicken and Sausage Jambalaya Field Peas Cabbage Saline Crackers Fresh Fruit
12 Ron Lantz's Meatloaf Tomato Gravy Whipped Potatoes Mixed Vegetables Wheat Bread Fresh Fruit	13 Baked Chicken Breast Chicken Gravy Macaroni & Cheese Squash, Zucchini, and Tomatoes Wheat Bread Ambrosia Pudding	14 Country Fried Steak Country Gravy Brown Rice Rosemary Carrots Wheat Bread Fruited Cherry Gelatin	15 Apple Glazed Turkey Ham Black-Eyed Peas Mixed Greens Cornbread Fresh Fruit	16 Chicken Salad Pasta Salad Tomato Spoon Relish Fresh Banana
19 Sesame Chicken Strips Fried Brown Rice Japanese Vegetables Wheat Bread Fresh Fruit	20 Beef Spaghetti Casserole Green Beans with Onion Dilled Carrots Wheat Bread Fruited Lime Gelatin	21 Charlene's Tuna Salad Three Bean Salad Cucumber Salad Saltine Crackers Fresh Fruit	22 Swiss Steak Rosemary Potatoes Diced Beets Wheat Bread Strawberry Swirl Pudding	23 Maple Glazed Chicken Mixed Beans Summer Vegetables Wheat Bread Fresh Fruit
26 Salisbury Beef Onion Gravy Garlic Whipped Potatoes Capri Vegetables Wheat Bread Fresh Fruit	27 King Ranch Chicken Casserole Tossed Salad Brown Rice Wheat Bread Hot Sliced Peaches Lite Ranch Dressing	28 Turkey Taco Meat Lettuce and Tomato Black Beans Wheat Tortilla Apple Crisp Taco Sauce	29 Oven Fried Chicken Mashed Spice Yams Brussels Sprouts Wheat Bread Fruited Lemon Gelatin	30 Smoked Turkey Sausage Potato Salad Mixed Vegetables Hot Dog Bun Mixed Fruit Crisp

Austin City Council

Lee Leffingwell, Mayor
Sheryl Cole, Mayor Pro Tem
Chris Riley, Place 1
Mike Martinez, Place 2
Kathie Tovo, Place 3
Laura Morrison, Place 4
Bill Spelman, Place 5



City Manager

Marc Ott, City Manager
Michael McDonald, Deputy City Manager
Bert Lumbreras, Assistant City Manager
Sue Edwards, Assistant City Manager
Robert Goode, Assistant City Manager
Anthony Snipes, Assistant City Manager
Ray Baray, Acting Chief of Staff

Austin Parks and Recreation

Sara L. Hensley, CPRP, Director
Kimberly A. McNeeley, CPRP, Assistant Director
Jesse Vargas, Assistant Director
Cora D. Wright, Assistant Director
Cheryl Bolin, Division Manager - CPD
Tiffany M. Cabin, Seniors Program Manager

Parks Board

Jane Rivera, Chair
Jeff Francell, Vice Chair
William Abell, Board Member
Susana Almanza, Board Member
Dale Glover, Board Member
Lynn Osgood, Board Member
Susan Roth, Board Member

SASAC Advisory Board 2013

Kitti Greenough, President
Shirley Masterson, Vice President
Mary Cole, Secretary
Janice Ootsey, Treasurer
Neda Alexander
Dorothy Barnett
Cathy Crossland
George Dankworth
Anna Saenz
Jane Warren

SASAC Staff

Angela Niemiec, CPRP/CTRS, Programs Supervisor
Lynnette Lara, Programs Specialist
West Baxter, MSRLS, Programs Specialist
Datron Plummer, Building & Grounds Assistant
Kelsey Waite, Administrative Associate

Mission: The purpose of the Parks and Recreation Department is to provide, protect and preserve a park system that promotes quality recreational, cultural and outdoor experiences for the Austin community.

REC Principles: Recreational—Environmental—Cultural

The Austin Parks and Recreation Department uses a professional, systematic and studied approach in determining the programs and services we offer our community. This strategy is reflected in our Recreational, Environmental, and Cultural Program Principles. These principles are used in determining programs and services:

- Provide programs and services that help fulfill the organizational mission, vision, goals and objectives adopted by the Austin City Council and the Austin Parks and Recreation Department.
- Provide programs that follow all applicable laws, ordinances, resolutions and standard operating procedures.
- Develop programs that have a stated purpose, goals and objectives which specify benefits and outcomes that the program will offer participants and the community.
- Offer accessible, affordable recreational, environmental and cultural program opportunities in a safe environment for all ages, abilities, interests and socio-economic levels, highlighting Austin's diversity.
- Encourage and respond to community input in program planning, development and evaluation.
- Programs will balance community needs with financial viability providing an overall financially sound recreation program to the Austin community.